

Parkinson's: Hermiston author to speak about her journey with the disease

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had a deep brain stimulation procedure which further slowed the advancement of symptoms.

She was selected by the Parkinson's Foundation to provide leadership in planning a region wide forum of women with Parkinson's. Recently the Michael J Fox Foundation chose Carol to attend the National Parkinson's Disease Policy Forum in Washington DC. Carol serves as a support group facilitator for Parkinson's Resources of Oregon and is an ambassador for the Davis Phinney Foundation.

Carol and her husband Charlie have raised two boys, two horses and numerous calves (but no chickens) over the years on their small acreage in Hermiston, Oregon. She is active in the Parkinson's community as a fundraiser, a support group leader for Parkinson's Resources of Oregon and an ambassador for the Davis Phinney Foundation.

The event is free. Questions, or queries about joining the Wallowa County Parkinson's Support Group may be directed to Mike and Linda Koloski: mkoloski@eoni.com or 541-426-1806.

About Parkinson's disease

By Ellen Morris Bishop
Wallowa County Chieftain

Parkinson's disease affects about one million people in the United States and ten million worldwide. According to the Parkinson's Foundation, Parkinson's disease (PD) is an extremely diverse disorder. While no two people experience Parkinson's the same way, there are some commonalities. The main finding in brains of people with PD is loss of dopaminergic neurons in the area of the brain known as the substantia nigra.

Its cause is unknown, but recent studies have suggested that Parkinson's disease begins in the gastrointestinal tract with the production of a specific protein (alpha-synuclein). Researchers at Aarhus University in Denmark found that the suspect protein had "traveled to the brain via the peripheral nerves with involvement of precisely those structures known to be affected in connection with Parkinson's disease in humans," says Per Borghammer, who is professor at the Department of Clinical Medicine at Aarhus University in Denmark. The research also found that the same protein adversely affected the heart over time.

The Mayo Clinic notes that Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but

the disorder also commonly causes stiffness or slowing of movement.

In the very early stages of Parkinson's disease, you may find your handwriting getting smaller and more cramped, your sense of smell may diminish, you may have trouble sleeping, and you may be constipated. As the disease begins to progress, your face may show little or no expression. You may begin to stoop over. Your arms may not swing when you walk. Your speech may become soft or slurred. And you may faint or experience dizziness. Parkinson's disease symptoms worsen as your condition progresses over time.

There as yet is no known cure for Parkinson's disease, but a multitude of treatments can help keep it in check. They include exercise. For people with Parkinson's disease (PD), exercise is more than healthy — it is a vital component to maintaining balance, mobility and activities of daily living. Exercise and physical activity can improve many PD symptoms. These benefits are supported by research.

The Parkinson's Outcomes Project has shown that people with PD who start exercising earlier and a minimum of 2.5 hours a week, experience a slowed decline in quality of life compared to those who start later. Establishing early exercise habits is essential to overall disease management. Exercise routines should include flexibility (stretching) exercises, aerobic activity, and resistance training or



Carol Clupny

Carol Clupny has beaten back Parkinson's disease for 11 years. Exercise is one of her principal tools.

strengthening exercises.

The local Parkinson's support group regularly meets a 2 p.m., the second Sunday of the month, in the dining room of Wallowa Memorial Hospital. The group was formed in 2009, with Ben Boswell, former County Commissioner, in support. He said, "Some days are very tough; it's very helpful to be able to share experiences with an empathetic group and find support to carry on to tomorrow."

Linda Koloski, who backs up husband Mike in leading the group,

commented at the 2009 meeting that caregivers also need support. Many participants in the local group attend with their partners.

The local group is sponsored by PRO, serving people in Oregon and SW Washington experiencing or affected by Parkinson's. The PRO helpline at 800-426-6806 connects people to support.

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Ellen Morris Bishop

This winter, November through January are predicted to be warmer and wetter than normal, with storms in December.

Weather: Still up in the air

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coast and gulf of Alaska being warmer than normal you tend to get more jet stream into here. When the Jet stream is aiming at us directly off the Pacific, we tend to not get the arctic outbreaks coming down into Oregon."

More specifically, month-by-month, in northeast Oregon November temperatures should be average, with precipitation only 76% percent of normal. But in December, the pattern of upper atmospheric circulation changes, bringing above average temperature across the state as a whole, and temperatures almost 5 degrees F above normal in NE Oregon. Wallowa County is predicted to garner 135% of normal December pre-

cip. However, the higher temperatures may be bad news for our snowpack. There's a similar pattern expected for January, with temperatures in Northeast Oregon about 4 degrees F above normal, and again, 135% precipitation. Parsons suggests that January temperature may be chilly enough to keep a substantial snowpack at higher altitudes, though. "The jury's still out on that," he said.

The National Weather service's long term forecast also predicts warmer temperatures, but indicates an equal chance of wetter or drier conditions. The Old Farmer's Almanac also suggests a wet winter, but is more pessimistic about low temperatures and stormy periods and a potential "snowpocalypse".

Spooks: Wallowa takes the lead today with Fall Festival

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booths run by community organizations and Wallowa High School's FFA and business clubs featuring games, a costume contest and a haunted house. The booths serve as a fundraiser for the high school clubs, McCulloch said.

"It's for the whole county, not just Wallowa," she said.

On Halloween, costumed Wallowa students in kindergarten through sixth grade do a trick-or-treat parade down both sides of main street starting at 2:30 p.m., when local businesses hand out candy. Then it's back to school for class parties, McCulloch said.

In Joseph, the trick-or-treating gets underway from 4 p.m. to 6 p.m. down Main Street during the annual Watch for the Witches, according to Becky Rushton, a board member of the Joseph Chamber of Commerce, which sponsors the event.

She said merchants usually hand out treats to more than 500 young spooks, roughly half the size of the town's population.

"They come from all around," Rushton said.

Elementary school children color pictures of witches and the merchants post them, she said.

She figured there were so many kids because they then often go onto Enter-

prise, since Trunk-or-Treat there is later.

"People have gotten to where they don't do neighborhoods anymore," Rushton said. "They do Main Street in Joseph and then Main Street in Enterprise."

Before Trunk-or-Treat kicks off in Enterprise, costumed kindergarten-through-third-grade students from Enterprise Elementary School will

parade down the sidewalks of Main Street starting at 12:30 p.m. on Thursday, Oct. 31.

Trunk-or-Treat in Enterprise runs from 5 p.m. to 7 p.m. Merchants hand out treats — hoping to avoid tricks — and business owners and residents park their cars on Main Street with their open trunks full of treats and Halloween displays.

"They go all out," said

organizer Jody Berry, of Greater Enterprise Main Streets (GEMS). "I consider it a feedlot of candy consumption."

She estimates the event draws about 500 families to the games, spooky music and other events.

"Last year, we had a headless horseman riding through the streets," she said. "I heard he's back this year."

The Nature Conservancy Youth

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The Nature Conservancy would like to offer a youth bull elk hunting opportunity to the youth of Wallowa County. Wallowa County youth between the age of 12-17 with a valid elk tag for 258Y (Nov 2-10) are eligible to apply for permission to hunt the Zumwalt Preserve. One permission will be granted via random draw. Youth must be accompanied by an adult. Opportunity is for one bull elk with 5 points or less on each side.

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